

# Time is running out!

## Complete your LivingWell Promise

Choose one or do both before May 1!

### 1. Vitality Check (biometric screening)

The biometric screening consists of a finger prick to measure your cholesterol and blood glucose, a blood pressure check, and height, weight, and waist circumference measurements. The screening is provided at no cost\* to you and is offered at a number of convenient [locations](#).

Or, visit a KEHP-sponsored screening event now through April 30. Registration is required and space is limited! Find an event and make your appointment [HERE](#) or call (888) 708-8807 ext. 1. Use the screening key HWS13. Registration closes seven days prior to the event.

Fast for at least nine hours prior to your appointment, and bring your HumanaVitality ID card and a photo ID.

### 2. Health Assessment (HA)

Visit [LivingWell.ky.gov](http://LivingWell.ky.gov)

Click on "HumanaVitality Login"

Sign in or register

Click the "Get Healthy" tab

Click "Health Assessment" to answer the questions and receive your Vitality Age.

Or download the new HumanaVitality mobile app to complete your Health Assessment.

### Get rewards

HumanaVitality rewards you for completing your promise. Receive 2,000 Vitality Points just for completing the Vitality Check and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment.

*\*Physicians' office co-pay may apply.*

*If you have already completed your 2015 LivingWell Promise please disregard this notice.*

*Remember! Anthem is your health insurance administrator; HumanaVitality is your wellness program.*

Questions about a screening event? Contact eHealth at (888)708-8807 ext. 1

General Questions? Contact HumanaVitality at (855) 478-1623

Questions about your health plan? Contact KEHP at (888) 581-8834